

Positive Psychology Book Group

MHA-Dallas has started a monthly book group. Books reviewed are based on scientific research. If you choose to read the books, don't be afraid to since all the books selected were written for the general public to read.

The best part of this book group is that you don't even have to read the book. The book group is designed to give you the author(s) thoughts, ideas and research in an easy to understand presentation. Afterwards, time is allotted for discussion of what was just reviewed.

The purpose of the book group is to explore what science has to say about what makes life most worth living. Many of the selections are from the field of Positive Psychology or other sciences.

Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive. This field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Past books that were reviewed include:

Authentic Happiness by Martin Seligman, Ph.D.

Change Your Brain, Change Your Life by Daniel G. Amen, M.D.

Why Zebras Don't Get Ulcers by Robert Sapolsky, Professor at Stanford

July 2011 - Positive Psychology Book Selection:

Stumbling on Happiness by Daniel Gilbert, Professor at Harvard University

Excerpt:

Throughout human history, people have had very few choices to make. Most of the time...they married who they were told to and then lived where their parents lived...We now live in a world where there's an explosion of personal liberty. The moment you get up you're faced with choices – "What shall I have for breakfast today?" We are the first generation...to ever ask ourselves constantly, "What should I do?"

Date: Saturday July 30, 2011

**Time: 10 am – 11 am Presentation
 11 am – Noon Discussion**

Location: MHA-Dallas 624 N. Good-Latimer Dallas, TX 75204

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